



C O U N C I L  
O N A G I N G  
Needham

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## Hi Everyone!

How is everyone doing today? I hope very well. I am going to keep these highlights a bit brief.

As always, the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some updates!

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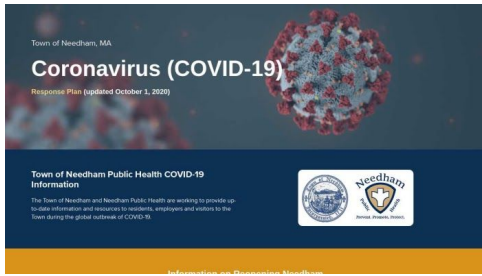
## NEWS/UPDATES

### **VERY IMPORTANT!!**

The COVID-19 Community Impact Survey (CCIS) is now live and ready for you and all of your professional and personal contacts to take. For this to be a successful effort that will help lead to positive change, the Massachusetts Department of Public Health needs your help disseminating and championing the survey. If anyone needs help filling this out - email me!

[MASS COVID 19 SURVEY](#)

It's Monday so let's check in with our wonderful Public Health Department



## [Needham MA](#) [Coronavirus Response](#) [Plan](#)

[398 Needham cases to date \(9/30/2020\)](#) Needham is now in the [YELLOW \(moderate risk\) category](#) with [4.9 cases per 100,000 residents](#). See [the most recent COVID-19 community map](#). The state has issued a list of [communities not designated as low-risk](#).

[stories.opengov.com](https://stories.opengov.com)

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## REMOTE PROGRAMMING

### 2 DIFFERENT SURVEYS!??

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "submit."

Here it is: [Center Fitness Program Survey](#)

### A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

## **NEW!!**

Topic: **Showa Boston Students Pen Pal Program\***

Time: **Weekly**

**To Become a Pen Pal: email Aicha akelley@needhamma.gov**

\*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

## **DAILY**

Topic: **One - on - One Sessions with a Personal Trainer\***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: **Email me or call the Center Line at 781-855-3629**

Cost: **\$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)**

\* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

## **TUESDAY**

## **SAVE THE DATE!!**

Topic: **Dana-Farber's Mammography Van - For Breast Cancer Awareness Month**

Time: **Tuesday, October 20th @ 8AM - 3:30PM**

To schedule your mammogram: **Stay tuned.**

\*This chart shows common screening recommendations for women who are at average risk for breast cancer:

	<b>American Cancer Society</b>	<b>United States Preventative Services Task Force</b>	<b>American College of Radiology/Society of Breast Imaging</b>
<b>Age to Start Screening</b>	<b>Age 45, option to start at 40</b>	<b>Age 50, option to start at 40</b>	<b>Age 40</b>
<b>Age to Stop Screening</b>	<b>Life expectancy less than 10 years</b>	<b>Age 74</b>	<b>Life expectancy less than 5-7 years</b>
<b>Frequency</b>	<b>Annually ages 45-54; every 1-2 years at age 55 or older</b>	<b>Every 2 years</b>	<b>Annual</b>

If you are due for your annual mammogram please join us at the Center Parking Lot. The Dana Farber Mammogram offers digital mammography (2D mammography). The van will come to the Center at the Heights Parking Lot and their friendly, professional staff will provide easy access to a vital screening. The entire process takes less than 20 minutes. And now with so many concerned about COVID 19 - this is a safe and easy way to get your mammogram. and Pre-registration is required, and most forms of insurance are accepted. Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.

Topic: **"Now Hear This" with Debbie Maibor\***

Time: **Tuesdays, 2020 @ 9:00AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **841 0727 5397**

Passcode: **254813**

**\*\*This social, Zoom, get together will focus on Hearing Loss and how it affects communication with others. Please join us for an informal discussion to support your concerns, comments, and questions about hearing and hearing loss. This fabulous program is led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist.**

Topic: **Metrowest Legal Clinic\***

Time: **Tuesday, Oct. 13 / Nov 10 / Dec 8 @ 9:30/10/10:30/11/11:30AM**

To join Meeting: **Email Aicha andvshe will schedule the appointment (First come, first served)**

\*James is our [new lawyer](#) from Metrowest Legal Services!! He will do his Legal Clinics over the phone so register today. He is such a great resource and we are lucky to have his services!

Topic: **Gentle Fitness\***

Time: **Tuesdays, @ 9:30AM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **853 9928 6741**

Passcode: **797598**

\*Lisa (our fabulous barre and pilates instructor) has now added Gentle Fitness! Gentle Fitness is a strength and conditioning class which focuses on moving safely from one exercise to the next. You will work on balance strengthening, stability and flexibility. You will need a mat and optional weights.

Topic: **Gentle Mat Yoga with Michelle\***

Time: **Tuesdays, 2020 @ 10:00 AM**

To Join Zoom Meeting **Click here**

Meeting ID: **443 604 7877**

Passcode: **0DbGrY**

\*Everyone loves Michelle's Gentle Seated Yoga so we thought we would add something special in the evening - Gentle Mat Yoga! As always, Michelle will make it as personal as possible so if you have a special area you want to work on - let her know.

Topic: **Current Events Discussion Group\***

Time: **Tuesdays, @ 10:30AM**

To Join Zoom Meeting Email Gerry Koss (host) @ [gerrykoss@gmail.com](mailto:gerrykoss@gmail.com).

\*Current Events meets every Tuesday from 10:30 to 11:30 on Zoom. A concise update of the past week's news is followed by a discussion. All are encouraged to bring up additional topics and all have the option of speaking and/or listening.

To ensure our meetings are secure, participants must have an initial Zoom invitation, which is good for all recurring meetings. To request a Zoom invitation be sent to you, please contact Gerry Koss (Host) at [gerrykoss@gmail.com](mailto:gerrykoss@gmail.com).

Topic: **Dance With Urbanity\***

Time: **Tuesdays, 2020 @ 10:30–11:45 a.m. (No classes on 11/24/20, 12/22/20, 12/29/20)**

To join Zoom Program: **email [ask@urbanitydance.org](mailto:ask@urbanitydance.org)** for a digital zoom invitation.

\*This free class is designed for people with Parkinson's Disease (but anyone can take) keeps individuals moving in a fun, welcoming, and safe environment. The instructors will guide you through exercises designed to enhance and maintain mobility, flexibility, balance, posture, coordination, and strength, which are all easily modifiable for various levels of mobility. The professionally-trained instructors use live music, storytelling, and movement styles from around the world. In this social, creative outlet, participants can discover or rediscover the joy of movement. Caregivers and loved ones are welcome to attend, although not required. Urbanity's instructors are safety certified and have trained with David Leventhal of Mark Morris Dance Group, who codified the original Dance for PD curriculum in collaboration with Brooklyn Parkinson's Group. All are welcome; no previous dance experience required!

Topic: **Virtual Reiki with Valerie**

Time: **Tuesdays at 10:30/ 11:00 / 11:30 / 12/ 12:30**

To join Zoom Meeting: **email Aicha to book your 20-minute appointment and she will send you the Zoom link.**

\*Reiki is a Japanese relaxation technique that can also promote healing. It is the energy of the universe—around us and within us. Reiki also has an ancient tradition of being offered virtually, from a distance which is ideal for these Covid 19 times. Valerie Gaines, Reiki Master Teacher in the Usui Reiki system, will be offering Reiki sessions via Zoom for our own community. Valerie practices Reiki at Wellesley Women's Wellness Center and has

been a Certified Hospital Reiki Volunteer at Brigham and Women's Hospital for five years.  
First come - first served.

Topic: **Train the Brain with Stephen\***

Time: **Tuesdays, 2020 11:30 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **816 9119 6399**

\*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Please have the following items ready and available to use during the class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **Know the 10 Signs of Alzheimers**

Time: **Tuesday, October 6 @ 1PM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **8122545 5298**

Passcode: **Signs**

\*Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

Typical age-related changes.

Common warning signs of Alzheimer's.

How to approach someone about memory concerns.

Early detection, the benefits of a diagnosis and the diagnostic process.

Alzheimer's Association resources.

Topic: **Become a Spanish Art History Aficionado\***

Time: **Tuesday, October 06, 2020 from 1:30pm - 2:30pm**

To Preregister for Meeting: **Click here**

\*Experience a Spanish art history lesson with a local expert in Madrid.

Art history lovers, this one's for you. The Prado and the Reina Sofia are two of the most impressive museums in Europe, and it's hard to find anyone more inspired by them than art expert and local guide Federico. Join him in his hometown of Madrid, where he'll share the highlights of both museums while giving you an overview of Spanish art history. You'll learn about the different periods and styles of Spanish art, from the Renaissance and Baroque to Surrealism and Expressionism. Expect to meet the masters along the way—you'll get to know famous Spanish painters like Velázquez, Goya, Miro, Dalí, and Picasso. He'll also reveal the inspiration and meaning behind some of their most compelling masterpieces, like Las Meninas. With Federico's signature flair for storytelling, you'll be whisked away to the art galleries of Madrid during this Online Escape.

Topic: **Folk, Country and Rock Music Appreciation!\***

Time: **Tuesdays, 2020 @ 2:00 PM**

To Join Zoom Meeting: **Click here**

Meeting ID: **880 3250 3991**

Passcode: **MUSIC**

\*Join this weekly group to listen to old & new music. We will learn trivia, song meanings and interpretations, and more. Send Aicha any requests and she will research and play on the day of the class. Hopefully this will lead to reminiscing and discussion about the song or musicians.

Topic: **Financial Clinic with Galina\***

Time: **Tuesdays, 2020 @ 2:00 PM & 2:30PM**

To Join Meeting : **Email me and I will connect you with an appointment**



\*Some of you met with Galina during her Tuesday afternoon financial clinics last year where Galina answered your financial questions and gave you advice. A number of you also attended her financial presentations in the past.

Galina Pekurovskaya is a Financial Adviser with the Bulfinch Group in Needham.

Galina is resuming her Financial Clinic every Tuesday at 2 pm. In the spirit of Quarantine, she will conduct it on-line. Pre-registration is required. Feel free to sign up for a Tuesday afternoon 2 pm session with Galina"

Topic: **Arthritis Class with Stephen\***

Time: **Tuesdays @ 3:00 PM**

Join Zoom Meeting **Click here**

Meeting ID: **816 8790 1740**

\*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination.

Topic: **Women's Investment Club**

Time: **Tuesday's @ 6:00 - 7:00PM**

To Register for Zoom Meeting **email Aicha @ [akelley@needhamma.gov](mailto:akelley@needhamma.gov)** for Invite  
Join Chiquita Rice as she makes women Money- Smart! Each week a different topic:

- September 22<sup>nd</sup>: Focus on Fixed Income

**RSVP by responding to this email with date(s) that you would like to attend.**

Topic: **Let's Laugh Today Zoom Laughter Club**

Time: **Tuesdays @ 7:15PM**

To join meeting [Click here](#)

Password: **014657**

\*Laughter is the best medicine so join this fun-loving crew to end the day with laughs and love! Anyone can do these easy, healthful breathing techniques along with simulated laughter that always seems to turn into real laughter! All ages and levels of physical ability are welcome. There are no fancy poses and no jokes or comedy is involved. There's plenty of free parking at all our venues. Since laughing is dehydrating, please bring your water bottle.

## **WEDNESDAY**

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

To join Zoom Meeting **Click here**

Meeting ID: **822 2741 6903**

Passcode: **916946**

\*Showway is just the best!! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do a sound check with the instructor. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. Please bring water and set up a chair / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

TTopic **Opinion History with Ron\* (TIME CHANGE!)**

Time: **Wednesdays, 2020 @ 1:00 PM**

To join Zoom Meeting **Click here**

Meeting ID: **861 2520 8844**

Password: **672425**

\*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different.

First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

Theme for the day:

Topic: **Words of Wisdom Discussion Group\***

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting **Click here**

Meeting ID: **409 252 1447**

Password: **12345**

\*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)\***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting **Click here**

Meeting ID: **859 4613 1521**

\*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Exercise with Ease\***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting: [Click here](#)

Meeting ID: **254 025 0890**

Passcode: **443362**

\*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

Topic: **Coffee with Sen. Raush**

Time: **Wednesday, October 14 @ 10AM**

To Preregister for Zoom Meeting: RSVP [at this link](#)

\*You are invited to join a meeting: Virtual Coffee with Senator Rausch. After registering, you will receive a confirmation email about joining the meeting. This event is reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District. This year has been a difficult year for many of us, so come share your questions and opinions on state issues with Senator Rausch and her Beacon Hill team. Since the event will be on Zoom to keep everyone safe,

this event is BYOB – bring your own beverage and your favorite mug! Fill out this form to register for the event and receive the Zoom meeting link in your e-mail. Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her first term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.

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## ENTERTAINING/INTERESTING

This day in history in 1989 had the Dali Lama wining the Nobel Peace Prize. Here is his thoughts on the pandemic.



### [Dalai Lama speaks out on COVID-19](#)

ABC News' Dan Harris goes one-on-one with His Holiness the Dalai Lama about the ongoing pandemic and how people can reduce anxiety and help each other.

[www.youtube.com](https://www.youtube.com/watch?v=K3vZuLWU8j8)

Here is a look into Tibet.



## [The Forgotten World: Tibet - Documentary](#)

Documentary producer unknown  
(please let us know so that we can  
provide credits).

[www.youtube.com](http://www.youtube.com)

One of the most popular foods in Tibet is Shapaley.



## [How to make Tibetan shapale | Shapaley/Shabhale | Dry fried Dumpling Recipe](#)

hi friends in this video I'm going to  
show you to make Tibetan shapale  
recipe. Shapaley | Shabaley | Shabaleb  
| Shabalay recipe #Shabaley  
#DickeyDol #ShapaleRecipe

[www.youtube.com](http://www.youtube.com)

Let's look into Tibet Buddhist history.

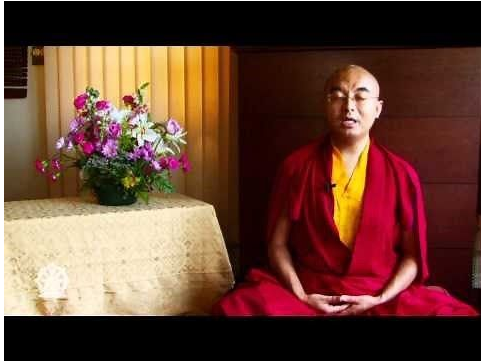
## [Top Five Major Beliefs in Tibetan Buddhism - Tibettravel.Org](#)

About the Author - Master Kungga Dundruk The Lhasa-born prodigy used to study  
business overseas, and got his Bachelor of Business in Nepal and India before moving  
back to his homeland. With pure passion for life and unlimited love for Tibet, Kunga

started his guide career as early as 1997. Responsible, considerate and humorous, he devoted his entire life guiding and serving international ...

[www.tibettravel.org](http://www.tibettravel.org)

Let's learn some meditation from a real expert.



### [A Guided Meditation on the Body, Space, and Awareness with Yongey Mingyur Rinpoche](#)

<http://www.tergar.org> ~ In this short guided meditation, Tibetan Buddhist meditation master Yongey Mingyur Rinpoche gives simple instructions for bringing awareness to the body, sensory experience, space, and finally to awareness itself. The main point of the practice is to fully embrace the present moment with mindfulness and awareness. To ...

[www.youtube.com](http://www.youtube.com)

Our Comic Relief of the Day is from Ellen trying to cook. She's not making Shapaley's but it is funny.



## [Ellen and Nicole Kidman](#) [Try to Learn Cooking](#) [Skills from Giada De](#) [Laurentiis](#)

The celebrity chef brought some of her favorite recipes to teach Ellen and Nicole... at least that was the plan.

[www.youtube.com](http://www.youtube.com)

Our MAFA Song of the Day is from Jackson Browne and includes Tibet.




## [Alive in the world -](#) [Jackson Browne -](#)

Of all the songs Browne has written, this was the first one I connected with. Thanks to a friend who had mentioned Browne's genius, I got to know "Alive in the world" - a poignant reflection on a journey back from the confusion and despair that can come from losing a sense of hope and courage. With lyrics.

[www.youtube.com](http://www.youtube.com)

Our Center quote of the Day is ***"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."*** Dalai Lama

Have a great evening everyone and we will  
chat tomorrow! ~Aicha

**Have a great evening everyone and we shall be together tomorrow!**

**- Aicha**